

# Among Friends



Fond du Lac Senior Center ...*where friends meet!* **January 2013**

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~

## JOIN US FOR A SPECIAL AFTERNOON

with musician

**“Johnny Dough”**  
as he shares the musical legacy  
of the great Johnny Cash

**Friday**  
**January 25**  
11 a.m. Social; Noon Lunch

**American  
Legion Hall**  
500 Fond du Lac Avenue



## REMEMBERING THE MAN IN BLACK

“Johnny Dough” will be the entertainment at the Friends of the Fond du Lac Senior Center Annual Meeting. Although there will be a brief (about 20 minute) business meeting following lunch, the afternoon is really more of a party, including entertainment and a \$6 soup and sandwich lunch, catered by Entrée's on Trays.

“Johnny Dough” will share the songs of the legendary “Man in Black.”. Even if you aren't a Johnny Cash fan, this Johnny Cash tribute show is sure to win you over!

**Registration is required for this event—  
see page 9 for registration form & other details.  
Open to the public ~ All are welcome!**



# WELCOME TO THE FOND DU LAC SENIOR CENTER



## 2013 January

A Free Monthly Publication  
Vol. 4 • No. 1

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City of Fond du Lac

### Fond du Lac Senior Center

151 E. 1st St.  
Fond du Lac, Wisconsin 54935  
Phone..... (920)322-3630  
Email .....dwinkelman@fdl.wi.gov  
Hours.....M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center  
provides equal services to  
all individuals 50 years and over,  
including those individuals  
with disabilities.*

## FREE TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used *by seniors* on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.

## FOR THE HEARING IMPAIRED

### New Phones—Limited supply

Pickart Hearing Service of Fond du Lac has generously donated some amplified telephones for the hearing impaired. There are a few different models to choose from. The phones are **FREE** to anyone who has use for them—one per person—on a first come, first served basis. Inquire at the Senior Center's front desk.



## DEALS ON MEALS

Pick up your **2013 DINE OUT COUPON BOOK** now  
and enjoy big savings all year through!

**COST: \$5.00 includes 47 COUPONS with  
SPECTACULAR SAVINGS at 38 AREA RESTAURANTS**



### Discounts are good from January – December 2013

Purchase books in the Senior Center's This 'n That Craft & Gift Shoppe  
Also available for sale at: Central Barber, Fox Valley Savings Bank, KFIZ,  
Korneli's Main Street Express, Philly's on 4th and Pump 'n Pantry

Thanks to these local restaurants and businesses for their great coupon offers  
in this year's book (**new participants appear in red**):

A&W Drive-In	Duffy's Steakhouse-Holiday Inn	Parrot Palms
Ala Roma	Eden Café & Eden Grill	Philly's on 4th
Backyard Grill & Bar	<b>Fat Joe's Bar &amp; Grill</b>	Pioneer Pit Stop
Black Perl	Fond du Lac Seafood	Pump 'n Pantry
<b>Blanck's—Johnsburg</b>	Gille's Drive-In	Red Cabin at Green Acres
<b>Blanck's Lake Aire</b>	Gino's Italian Restaurant	Schmitt's Bar & Grill
Big Al Capone's	<b>King's Chef</b>	Sombrero's
Coliseum Bar & Grill	<b>Knights of Columbus</b>	Subway
Cool River Sports Grill	<b>Korneli's Main St. Express</b>	Sunset Supper Club
Cousins Subs	Main Exchange	Tuckers
Dairy Queen East	Mancino's	Villa Palermo Café
Dairy Queen West	Oak Central	Wendt's On the Lake
Dillion's—Ledgeview Lanes	Paddy's Pizza	

*And SPECIAL thanks to Grande Cheese for their generous contribution  
toward the printing of this year's book.*

**HAPPY NEW YEAR and BON APPETIT!**

# SENIOR WELLNESS MORNING

Senior Wellness Mornings are held on the 2nd Friday of EVEN months from 9—11 a.m.

## GOOD HEALTH... IT'S WITHIN YOUR GRASP Friday, February 8

**9—10 a.m.**

### Health Screenings:

- Blood Sugar (Fast required)
- Blood Pressure
- Hearing

### Health Info Booths: including

- Above & Beyond Care Solutions
- Aging & Disability Resource Center
- Agnesian Health Shoppe
- Heartland Hospice
- Good Vibrations

Demonstration: Lillian's—how to dress up your wardrobe with scarves

**10—11 a.m.**

Speaker: Heather Schmidt,  
Doctor of Osteopathic Medicine  
Agnesian HealthCare



Living a healthy lifestyle brings with it many positive results. It's good to know that a healthy lifestyle can be accomplished by incorporating simple, inexpensive, and practical behaviors and modifications into our daily lives.

Join Heather Schmidt, D.O., a Fond du Lac Regional Clinic West family medicine physician, to learn more about Agnesian HealthCare's new Healthy Living Series. The Healthy Living Series offers practical skills for eliminating stress, choosing high quality food, and incorporating gentle exercise and strength-building. Dr. Schmidt will also perform a cooking demonstration that includes healthy ingredient substitutions.

### **DOOR PRIZES • HANDOUTS • REFRESHMENTS**

For planning purposes, call 322-3630 to pre-register.

February's Senior Wellness Morning is sponsored by



✓ **Get Checked**



### **Newsletter Crew**

Editor.....Dottie Winkelmann  
Coordinator/  
Design/Writer.....Judy Lange  
Writer.....Jean Holzman  
Mail Coordinator.....Vivian Gorden  
Labels.....Darlene Lyness  
Mail Crew.....20+ volunteers!

### **Newsletter Deadline**

The deadline for submission in February newsletter is Monday, January 7. Give information to Judy Lange.

### **Up-to-Date Information**

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report.



**The One You Depend On**

WWW.KFIZ.COM

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* on KFIZ 1450 AM every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.

### **Newcomer Tour**

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.

### **Leave a Legacy**

You can leave a legacy by remembering the FDL Senior Center in your will. Your generosity will enable the Center to continue to provide quality programming, classes and services to the older adults in the FDL community. Please call Dottie Winkelmann, Senior Center Director, to discuss various ways that you can assist the Senior Center in fulfilling its mission.

# UPCOMING PROGRAMS

## BAGELS WITH A BROKER



Hosted by: Ben Baertschy  
Financial Advisor  
Edward Jones Investments



### Featured speaker each month

Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.** Ben will be joined by a different guest speaker each month to address a specific investment topic.

**NEW  
FORMAT!**

**January 7:** Dave Hrea from Lord Abbott

Topic: How diversification and rebalancing can help navigate your portfolio through retirement

**February 4:** Nicole Pretzel from Oppenheimer

Topic: Benefits of dividend paying equity funds

**March 4:** Kathleen Gill from Franklin Templeton

Topic: The current market and how stocks can compliment your portfolio

**April 1:** Keith Brennan from Prudential

Topic: Ideas for increasing income and adding longevity to your income in retirement

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.

## FREE TAX ASSISTANCE

**Call beginning January 21  
to schedule an appointment**

**NOTE CORRECTION:** In the December newsletter, the starting date was incorrectly stated as January 7.



The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Tuesday, February 5 through Thursday, April 11. **We will start accepting calls for scheduling appointments on Monday, January 21.** To make an appointment, call the Senior Center at 322-3630 on or after January 21.

Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) Programs, administered through the AARP Foundation in cooperation with IRS, are designed to assist low to moderate income individuals and the elderly in preparing their personal income tax returns. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the trained volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

## SISSON'S PEONY GARDENS

**Thursday, January 24, at 1 p.m.**

Betty Dahlke, Garden Restoration Chairperson

The Green Thumb Garden Club has partnered with the Senior Center for a presentation about the famous Sisson's Peony Gardens in Rosendale, with guest speaker Betty Dahlke, Garden Restoration Chairperson.



This program is FREE and open to the public. Refreshments will be served. For planning purposes, please call the Senior Center at 322-3630 to **register by Friday, January 18.**

The Green Thumb Garden Club will hold their monthly meeting following the program. Interested gardeners are invited to stay for the meeting and learn what the garden club is all about.

## WINTER FUN



### Snowman Building—after the first big snowfall in January

Help us build a snowman for the residents of All About Life to enjoy looking at. The plan is to build and dress up a snowman (or more). If you would like to help, please call the Senior Center ASAP and put your name and phone number on the CALL ME list so that you will be notified of the date and time to meet at All About Life AFTER the first big snowfall. Enjoy some winter fun!

### Snow Bingo—January 11

It's time for ODD BINGO again. Join us on Friday, January 11, for Health Screenings and a Health-related Video from 9–10 a.m. and then Snow Bingo from 10–11 a.m. The cost is 50¢ for 2 bingo cards. ALSO, bring a list of winter words (written out or typed) and if you have a word on your list that matches the Wellness Coalition list of words, you could win CASH! Pick up a copy of the details of Snow Bingo at the front desk or listen to KFIZ on Monday mornings at 9:10 a.m.



### Ice Skating—January 28

We'll be ice skating at the Blue Line Ice Arena on Monday, January 28, from 11 a.m.—Noon. The cost is \$3 for skating and \$2 for skate rental. This is open to all seniors and grandkids. Don't worry if you haven't skated in awhile, we'll have a private rink! Call the Senior Center to register.



**These events are sponsored by the Senior Wellness Coalition.**

# UPCOMING PROGRAMS

## JEFF KEMP'S INVESTMENT WORKSHOP

**Mondays – February 25 through April 8, from 3:00 – 4:30 p.m.**

Are you interested in making more informed decisions with your investments? Each spring, the community of Fond du Lac has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every March and April to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.



Jeff will also be holding this same investment workshop at Moraine Park Technical College on Tuesday evenings at 6 p.m. starting January 8 and continuing through February 19. The class will be held in Room A-102 (across from the cafeteria). No registration required.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

### Topics include:

**WEEKS 1 & 2: Investing in the stock market through mutual funds**

**WEEK 3: Bond investing**

**WEEK 4: Understanding what economic forces move markets**

**WEEK 5: Building a sound asset allocation**

**WEEK 6: Taxes and investing; exchange traded funds**

**WEEK 7: How to build and manage your own portfolio**

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

## BOB ROSS PAINTING CLASS

**Saturday, March 2  
10 a.m.—4 p.m.**



Cheryl Fisher, Certified Bob Ross Painting Instructor

**Oil paints will be used to paint this picture. Paintings will be ready to take home by the end of this class.**

The painting that will be created in this class is "Wintertime Blues." Participants should bring a 16" x 20" canvas (preferably a Bob Ross or Frederick canvas – available at Michael's Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Cheryl on that day (please indicate when you sign up that you would like to purchase a canvass). Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. This is a different painting than the paintings that were done in the other Bob Ross classes – students who participated in those are welcome to participate again. The cost for the class is \$56.00 and *must be paid at the Senior Center front desk at the time of registration*. Space is limited, so if you would like to participate, *register as soon as possible*. Absolutely NO art experience needed. Explore your creative side!



# HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator  
Mary Schneider, Travel Assistant & Escort

Call 322-3635

**SIGN UP FOR THESE TRIPS AS SOON AS POSSIBLE • STOP IN & PICK UP A 2013 TRIP PRVIEW BROCHURE**

## Fasching Dinner Show

**Sunday – February 10**

Laack's Hall  
Sheboygan Falls, WI

**Cost: \$65**



Join us for a fun afternoon of German food and music at Laack's Hall in Sheboygan Falls with the Dorf Kapelle. Capturing the traditional ethnic style of the typical European village Band, Dorf Kapelle has thrilled audiences at festivals, stage performances, dances and concerts throughout Wisconsin.

**Menu:** Smoked Pork Chops, Goulash, German Potato Salad, Mashed Potatoes, Sweet Sour Red Cabbage, Mixed Vegetables, Black Forest Chocolate Cake and Beverage.

**Leave: 11 a.m. Home: 5:30 p.m.**



## "Footloose"

**Thursday – March 7**

Fireside Theater  
Fort Atkinson, WI

**Cost: \$95**

First a popular film, and then a fabulous Broadway show, FOOTLOOSE is filled with high energy singing, heart-pounding rhythms, and ultimately some of Broadway's most spectacular dancing. This show brings audiences to their feet in a dazzling production featuring such hit songs as "Let's Hear it For the Boy," "I Need a Hero" and the well known title song. Includes a fabulous Fireside lunch.

**Menu—**Garden Salad, Freshly Baked Breads from The Fireside Ovens, Chicken Piccata: Charleston Rice flavored with Jones Original Recipe Sausage, Medley of Roasted Fresh Vegetables, Baked Cherry Streusel topped with Madagascar Vanilla Bean Ice Cream, Coffee, Tea and Milk

**Leave: 8:15 a.m. Home: 6 p.m.**

## "The Cemetery Club"

**Sunday – February 17**

Memories Dinner Theater, Port Washington, WI

**Cost: \$60**

**A witty and heartwarming comedy by Ivan Menchell**

Three Jewish widows meet once a month for tea before going to visit their husband's graves. Ida is sweet tempered and ready to begin a new life, Lucille is a feisty embodiment of the girl who just wants to have fun, and Doris is priggish and judgmental, particularly when Sam the butcher enters the scene. He meets the widows while visiting his wife's grave. Doris and Lucille squash the budding romance between Sam and Ida and are guilt stricken when this nearly breaks Ida's heart.



**The Cemetery Club**

**Menu—**Buffet Dinner includes: Grilled Salmon with mango salsa, Baked Ham, Wild rice with raisins, Roasted Potatoes, Vegetable blend, Fluff, Ribbon salad with French dressing, Warm dinner rolls, Black Forest Cake

**Leave: 10:15 a.m. Home: 5:30 p.m.**

**Nationwide Travelers' Spring Showcase featuring**

## Maggie Mae

**Sunday – March 24**

Fox Valley Lutheran School, Appleton, WI

**Cost: \$57**



Always a Happy Travelers favorite, Maggie Mae never disappoints! Expect a toe-tappin' good time listening to country songs you know and love... Includes lunch.

**Leave: 10:45 a.m. Home: 5:30 p.m.**

## ONEIDA CASINO DAY TRIPS

**THURSDAY, JANUARY 31 COST: \$22 (NO MEAL STOP)**

Includes: \$25 for gambling, bus transportation, & camaraderie! Leave: 10 a.m.; Home: 4:30 p.m.

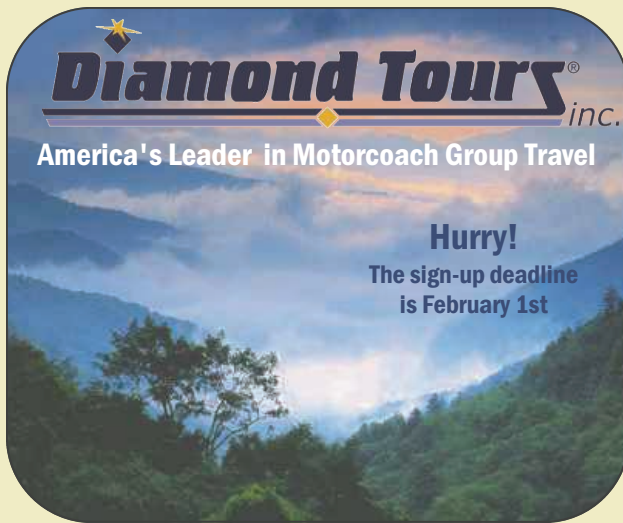
**THURSDAY, FEBRUARY 28 COST: \$54 (Dinner at VAN ABEL'S in Hollandtown)**

**THURSDAY, MARCH 28 COST: \$54 (Dinner at KODIAK JACK'S in Oshkosh)**

Includes: \$25 for gambling, fantastic dinner, bus transportation & FUN! Leave: 10 a.m.; Home: 7:00 p.m.



# PIGEON FORGE & SMOKY MOUNTAINS SHOW TRIP



## Take in dazzling shows and the splendor of the Blue Ridge Mountains

**Day 1:** Depart your group's location in a spacious, restroom & video equipped motorcoach and head to the Smoky Mountains! Then, settle into a comfortable en route hotel for a good night's rest.

**Day 2:** Start with Continental Breakfast before departing for the Beautiful Smoky Mountains! Later, enjoy Dinner and check into your Smoky Mountain area hotel for a four night stay. This evening, the brand-new **SMOKY MOUNTAIN OPRY SHOW** brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, & thrilling special effects!



**Day 3:** Enjoy a Continental Breakfast before brightening your morning with the **PATTY WASZAK SHOW**, as this talented entertainer wows you by playing an array of 30 instruments and fun-filled tunes. Later, there'll be time for some shopping. After Dinner, enjoy **THE CIRQUE DE CHINE SHOW**, an exciting blend of music, movement, costume, fantasy, and playfulness all wrapped up in one. Marvel at the superhuman tricks of the acrobats and dancers, whose elegance and strength come to life in an action-packed production. This evening, relax at your hotel before another exciting day!

**Day 4:** Start with a Continental Breakfast, before heading off on a **GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK**. Afterward, enjoy free time in **HISTORIC DOWNTOWN GATLINBURG**. Then, take pleasure in a fabulous meal and a theatrical extravaganza at the **HATFIELD-MCCOY DINNER THEATER** with Blue Grass Country Music, singing and dancing with hilarious comedy and fun.

**Day 5:** Enjoy a Continental Breakfast before departing for the **COUNTRY JAMBOREE VARIETY SHOW** featuring the Blackwoods. You are in for a real treat when you meet this fabulous family, with their distinctive blend of talents. The Blackwood family has won 8 Grammy Awards, 27 Dove Awards, and 5 All American Music awards. Sit back and enjoy their harmonious sounds and hilarious comedy. This afternoon, you'll visit **HISTORIC OLD MILL SQUARE** with its unique shops. In the evening, you will enjoy a Dinner and Show at the **SMITH FAMILY DINNER THEATER**. A five-time winner of Best Show in the Smokies, you can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe!

**Day 6:** Enjoy a Continental Breakfast at your hotel before leaving for **THE HENRY CLAY ESTATE** in Lexington, KY. Visit the beautiful home that Henry Clay and his wife resided in from 1806 until 1852. This evening, relax at your en route hotel.

**Day 7:** Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

## April 14—20 Sunday—Saturday (7 days)

**COST:** \$545 per person double occupancy \$725 single

### TRIP INCLUDES:

- Motorcoach Transportation (restroom & video equipped)
- 6 nights lodging (4 consecutive nights in the Smokies)
- 10 meals: 6 breakfasts and 4 dinners
- Four evening shows: **SMOKY MOUNTAIN OPRY SHOW**, **THE CIRQUE DE CHINE SHOW**, **SMITH FAMILY SHOW**, **THE HATFIELD—MC COY DINNER SHOW**
- Two morning shows: **PATTY WASZAK SHOW**, **COUNTRY JAMBOREE VARIETY SHOW**
- **GREAT SMOKY MOUNTAINS NATIONAL PARK** guided tour
- Free time in **HISTORIC DOWNTOWN GATLINBURG**
- Visit the **HENRY CLAY ESTATE** in Lexington, KY



\* \* \* \* \* **STOP IN FOR A COMPLETE ITINERARY!** \* \* \* \* \*

# MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these computer classes. These classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages. **HOW TO REGISTER** Register at MPTC in person (C-1 Entrance) or by telephone at **922-8611**. Classes often fill fast—early registration is recommended. \* = **Bring a jump drive to class.**



MORaine  
PARK  
TECHNICAL COLLEGE

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1*</b>								
103-483-31411	M, T, W	January 7, 8, 9	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$33.23
103-483-31416	Fridays	March 22, 29, April 15	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

## COMPUTER BASICS 3\*

103-490-31413	M, T, W	January 7, 8, 9	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23
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Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1& 2.

## BEGINNING DIGITAL CAMERAS

105-605-31436	Thursday	January 3	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
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Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

## INTERMEDIATE DIGITAL CAMERAS

105-609-31438	Friday	January 4	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
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Discover tools to improve both your digital pictures and your digital photography skills.

## PINTEREST

103-669-31482	Friday	January 4	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	\$11.31	\$13.75
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Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard. Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse friends' pinboards and get inspiration from others who share your interests.

## COMING THIS SPRING—NEW CLASSES:

**Setting up a Facebook Profile • Is the iPad for you? • Introduction to Using the iPad**

# YOGA OFFERED THROUGH MPTC

## BEGINNING YOGA

Learn the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. This class meets at the Senior Center. Please bring a yoga mat or blanket. **Instructor: Jeanie McDowell**  
Cost for the 6-week session: Age 62 or over—\$25.94; Under 62—\$33.25



Course #: 807-600-31445

Dates: Thursdays—March 7, 14, 21, 28, April 4, 11

Time: 10:30—11:30 a.m.

Course #: 807-600-31446

Dates: Thursdays—April 18, 25, May 2, 9, 16, 23

Time: 10:30—11:30 a.m.

8 Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number when you call MPTC. This class has a 10 student limit, so prompt registration is encouraged.

# FRIENDS ANNUAL MEETING

## Friday January 25

**11:00 a.m. Social Hour  
Noon – Luncheon**

### **American Legion**

500 Fond du Lac Avenue

#### **MENU: Soup and Sandwich Lunch**

Your choice of sandwich:

*Sloppy Joe OR Hot Shredded Turkey*

Your choice of soup: *Stuffed Potato OR Chili  
Dessert & Coffee; cash bar available*

**Cost: \$6 per person**



**Join us for a full afternoon  
of fun that includes:**

- Social Hour—cash bar available
- Soup & Sandwich Lunch
- Friends Board Election & Meeting
- Entertainment: “Johnny Dough”  
Johnny Cash Tribute Artist
- Door Prizes

THIS IS YOUR RESERVATION FORM FOR LUNCH AT THE AMERICAN LEGION ON JANUARY 25TH.

Return this reservation form to the Fond du Lac Senior Center by January 18. Please make checks payable to: FRIENDS, INC.

**COST: \$6.00 per person – No refunds**

Name (Guest #1)

Phone

Choose (circle) ONE sandwich: **SLOPPY JOE** or **HOT SHREDDED TURKEY**

Choose (circle) ONE soup: **STUFFED BAKED POTATO** or **CHILI**

Name (Guest #2)

Phone

Choose (circle) ONE sandwich: **SLOPPY JOE** or **HOT SHREDDED TURKEY**

Choose (circle) ONE soup: **STUFFED BAKED POTATO** or **CHILI**



—FOR OFFICE USE ONLY—

Amount Enclosed: \$ \_\_\_\_\_ Check # \_\_\_\_\_ Date Received \_\_\_\_\_ Init. \_\_\_\_\_











# HEALTH & WELLNESS



## Friday, January 11, 2013

Start out 2013 with free health screenings.

9–10 a.m. **Note new time!**

Blood sugar screening by  
Lutheran Homes & Health Services  
Blood pressure by All About Life

**DVD 9:15 to 10 a.m. “Resistance Training and Weight Training”** Dr. Anthony Goodman explains how muscle groups are strengthened when you push them beyond your comfort level.

**Odd Bingo 10–11 a.m.** Put on your favorite scarf or hat and join us for a fun game of bingo based on the SNOW theme. If you missed bathtub bingo, mark your calendar, you don’t want to miss this fun activity sponsored by the Senior Wellness Coalition.

## SENIOR WELLNESS MORNING

**Friday, February 8, from 9–11 a.m.**

**Health Screenings: 9–10 a.m.**

- Blood pressure by Hearland Hospice
- Blood sugar (must fast) by Lutheran Homes & Health Services
- Hearing by Avada Hearing Care Center

**Booths and Demo: 9–10 a.m.**

**Speaker: 10 a.m. Dr. Heather Schmidt,** a family medicine physician at Fond du Lac Regional Clinic West, will explain how “Good Health is Within Your Grasp.” Her presentation will include a cooking demonstration. Please call 322-3630 to register. Refreshments. Sponsor: Agnesian Healthcare

## LOOK GOOD...FEEL BETTER

Wednesday, February 13; 10–12 a.m.

The American Cancer Society sponsors “Look Good...Feel Better” programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. **Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.**



## ♥ HEART TREE DEDICATION ♥

Please mark your calendar for the heart tree dedication on Thursday, February 7, at 10 a.m. Music provided by the Senior Center Hand Chime Choir.

## Seeking Clients for the Outreach Program

We have several new Senior Outreach Volunteers—both men and women—who are trained and eager to work with lonely seniors. If you or someone you know is homebound, lonely, needs help finding community resources, or just wants a friend to spend time with, you can refer them to the Senior Outreach Program. Please call 322-3636 with questions or for a referral form. There is no charge for this program.



# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

Volunteers will make a visit to All About Life Rehabilitation Center, 115 E. Arndt Street, on Tuesday, January 29, from 2–3 p.m. Volunteers go to a different local nursing home or assisted living facility each month to visit residents who have few visitors. You will be paired with an experienced volunteer for these one on one visits. A small gift will be furnished to give the resident. Volunteers can be any age. Please call 322-3630 to sign up or if you have questions.



## SENIOR OUTREACH PROGRAM

Volunteers will meet on Thursday, January 3, at 9 a.m. to turn in reports and provide support and information. Then, at 10 a.m., Everest Brooks, Psychiatric Social Worker with the Department of Community Programs will join us to speak on the topic “If I Can’t Facilitate Change, How Can I Change Myself?” Everest is a member of the Senior Outreach Advisory Board and will address concerns that have been raised by volunteers.

**The Senior Outreach Program is funded in part by:**

Friends of the Fond du Lac Senior Center  
Fond du Lac County Department of Community Programs  
Fond du Lac Area United Way; Fond du Lac Area Foundation

# RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

To learn more about Red Hat Honeys activities, you must pick up a newsletter at the front desk, or request to get on the Red Hat e-mail list. The Chapter is open to ladies of all ages and the \$5 membership is on-going.

**REMEMBER TO RENEW YOUR RED HAT MEMBERSHIP WHEN YOU RENEW YOUR FRIENDS MEMBERSHIP.** It helps us!

## Red Hat Honeys CARE—Adopting Touchstone

Some of the members of the Red Hat Honeys are volunteering to visit residents at Touchstone Living Center who do not get many visitors. They will be going there for one hour, once a month. After they finish visiting, the Red Hatters will have a Dutch treat lunch at a nearby restaurant. *Would you like to be a part of this group?* You may only need to participate a couple of times a year if enough Red Hatters join the group. Sign up in the 3-ring binder if you are interested. The visits will officially start in January. Check the binder for the January date and time and to register.



## Hard Times Royal Rummy is Back

Friday—January 18  
from 1:30—3:30 p.m.



**CALLING ALL MEMBERS!**  
We need activities for 2013. Please help!

# SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.  
Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m.  
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program  
**Meals served at Senior Center Monday—Thursday at 11:45 a.m.**  
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk.  
Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist  
Julie Hilbert can be reached at 929-3521.

# THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.

**The Craft Shoppe will be CLOSED for inventory from MONDAY, DECEMBER 24, through WEDNESDAY, JANUARY 11.**



**We look forward to seeing you when we re-open on THURSDAY, JANUARY 17!**

# REMINDERS

## MOVING? “SNOWBIRDING”?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be mailed will be returned to the Senior Center and *will be charged to the Center.* We have been getting many newsletters back each month and this can be quite costly. *Thank you for your cooperation.*



## WICKED WEATHER—inclement weather policy

Winter is here and that means possible adverse weather conditions. **When the Fond du Lac School public schools are closed, the Senior Center will also be closed.** This means that that programs, classes, and activities at the Center will be cancelled. On days of school delays, the Senior Center will open at 8 a.m. as usual. Be sure to listen to KFIZ 1450 AM for any announcements. In all cases, use your best judgment when coming to activities at the Center. Remember, our parking lot takes time to clear and always call if you're uncertain about a program. Above all—STAY SAFE!



## SOUP DRIVE OVER 2500 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, the soup has been deeply appreciated, especially in the cold winter months.



**WARM THE HEARTS AND SOULS OF THOSE IN NEED...  
KEEP THOSE CANS COMING IN AND THANK YOU!**



## NOMINATIONS FOR THE FRIENDS BOARD OF DIRECTORS

The Friends Annual Meeting will be held on Friday, January 25. At that time, the Friends nominating committee will present a slate of candidates to fill 5 board vacancies. Additional nominations can also be made from the floor. Voting for this election will take place at the Annual Meeting. If unable to attend, Friends members can pick up an absentee ballot at the front desk prior to the meeting. See the front cover of this newsletter for details about the annual meeting luncheon. To date, there are 5 nominations for the 5 openings on the Board—all are incumbents who have just completed their second two-year term:



**KATE BARR** Kate, a member of the Senior Center since 1999, volunteers as a receptionist at the front desk on Monday afternoons. She is active in the local AARP Chapter, currently serving as President. She also is an active volunteer for Holy Family Church. Before retiring, Kate was employed by Fond du Lac County, where she was the Criminal Court Clerk. She and her husband Eugene have five children, 13 grandchildren, and four great-grandchildren. She enjoys being active at the Senior Center, and currently serves as Secretary on the Friends Board of Directors.



**SUSANNE DENNIS** A member of the Senior Center since 2006, Susanne has enjoyed meeting new people through volunteering, especially as a cashier in our This 'n That Craft & Gift Shoppe and as a member of the Friends Board and Happy Travelers Travel Committee. Before retiring in 2008, Susanne had a 30-year career as a school teacher, principal, and college professor. She has three grown children and four grandchildren and enjoys reading, traveling, aerobics, line dancing and needlework in her spare time.



**JERRY GORDON** Jerry is a retired school teacher, teaching automotive classes at Goodrich High School for 30 years. He also worked 5 years as a welder at Brenner Tank. For over 25 years, he has been very involved in the Fondy Vintage Auto Club, serving various capacities such as President and Chairman of the Board. He active in his church and is also involved with the Car-a-Fund Charity Car Show, which raises funds for With A Little Help, Inc., a charitable organization whose goal is to expand recreational opportunities for adults with muscular dystrophy and related neuromuscular conditions by providing summer camps and other recreational activities throughout the year. Jerry can frequently be found in the Senior Center's pool room where he enjoys shooting with the guys.



**IRV PEA** Irv was self-employed in a retail appliance sales and service and electrical contracting business in Oakfield for 45 years. He is a charter member of the Oakfield Lions Club and presently is involved in their eye transporting program. Irv served on the Oakfield Village Board for 22 years, including 12 years as President. He currently volunteers at the Salvation Army and serves as treasurer at his church. He has been happily married to his wife, Arlene, for over 55 years. He enjoys playing pool at the Center and helps out with the brat fry fundraisers.



**RUTH SMITH** Ruth has been an active volunteer at the Senior Center for more than 15 years. She is a cashier in the Craft Shoppe, helps out at the summer Piggly Wiggly brat fry fundraisers, and assists with bake sales or in the kitchen for special events at the Center. Ruth gives freely of her time, helping anyway she can. Active in the Book Club and Wii Bowling at the Center, Ruth has also taken classes and attended a variety of programs. She enjoys serving on the Friends Board because she feels the Senior Center offers wonderful opportunities for seniors and would be honored to serve another term on the Board.

## LET'S BE FRIENDS!

*It's a brand new year...a year that promises to be filled with great opportunities at the Fond du Lac Senior Center. Let's make a resolution to make this year the best yet!*

**How can YOU help? What can YOU do?  
Well, if you haven't already...it's time to**

# RENEW!



**Here's to a bright  
and shiny New Year  
And a fond farewell to the old.  
Here's to the things  
that are yet to come  
And to warm memories we hold.**

**Here's a toast to our Friends,  
Both far and near.  
May you always remain  
faithful and dear.**

Not sure if you've already renewed for 2013? Look for your renewal date on the mailing label of this newsletter. If it says 01/01/13, you have not renewed. If it says 01/01/14, you're all set for another year, so how about sharing the membership form on the opposite page with one of YOUR friends who is NOT one of OUR Friends...yet? *After all, we can never have enough Friends.*

If you have picked up this newsletter from one of our drop-off places around town, we invite you to become a Friend of the Fond du Lac Senior Center (see form on opposite page) and then the newsletter will be mailed to you each month.

# 2013 FRIENDS MEMBERSHIP APPLICATION

2013 membership valid NOW through December 31, 2013

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac    Other: _____

## CHOICE OF SUPPORT:

2013 membership  
valid NOW through  
December 31, 2013

- ☐ **\$10.00 Single**
- ☐ **\$15.00 Couple** (Husband and Wife)
- ☐ **\$\_\_\_\_\_ Utility Donation for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the \$19,000 cost of utilities at the Senior Center. Thank you to all who helped with donations. Almost \$5,000 in donations came in last year and the remainder came from fundraising efforts. Your donation for 2013 is optional but *very much appreciated!*
- ☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2013 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- ☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2013 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
- PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

☐ NEW 2013 Member    ☐ Renewal    Receptionist Initials \_\_\_\_\_

☐ FANTASTIC FRIENDS \$50    ☐ FABULOUS FRIENDS \$100    ☐ UTILITY DONATION: \$ \_\_\_\_\_

☐ Received Among Friends Newsletter    ☐ Received Happy Travelers Info    ☐ Red Hat Dues also paid (purple form)



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Dottie Winkelmann 322-3630*  
dwinkelmann@fdl.wi.gov

#### ASSISTANT DIRECTOR

*Judy Lange 322-3633*  
jlange@fdl.wi.gov

#### TRAVEL COORDINATOR

*Doris Zimmermann 322-3635*

#### WELLNESS COORDINATOR

*Jean Holzman 322-3636*

#### OFFICE COORDINATOR

*Vickie Michels 322-3639*

#### CRAFT SHOPPE COORDINATOR

*Patsy Lefebvre*  
322-3638

#### PROGRAM/OFFICE ASSISTANT TOUR DIRECTOR

*Mary Schneider 322-3640*

### FRIENDS BOARD OF DIRECTORS

*Jim Sabel, President*  
*Mary Kind, Vice President*  
*Kate Barr, Secretary*  
*Ron Zarling, Treasurer*  
*Susanne Dennis*  
*Jerry Gordon*  
*Charlotte Nelson*  
*Irv Pea*  
*Ruth Smith*

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin

Association of

Senior

Centers



### SENIOR CITIZEN ADVISORY COMMITTEE

*Betty Blank, Chair*  
*Mary Kind, Vice Chair*  
*Vivian Gorden, Secretary*  
*Sr. Angie Behen*  
*Kathryn Curran*  
*Joyce Dille*  
*Councilman Jim Sabel*  
*Donna Jean Trapp*  
*Judi Walters*

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

♥LCW



Visit us online: [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)

Stay up to date with everything happening at the Center!

"Like" us on Facebook for pictures, contests and more!

[Facebook.com/FondduLacSeniorCenter](https://www.facebook.com/FondduLacSeniorCenter)



Find us on  
**Facebook**